



FAMILY CENTRE ARGYLE
 1990 Royal Crescent, London, Ontario N5Y 1N8
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July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3  Centre Closed	4 Drop Zone 9:30 to 4:30	5 Drop Zone 9:30 to 4:30 TALK-IN Clinic 2:00 to 6:00	6 Breastfeeding Drop-in 9:00 to 11:00 Drop Zone 9:30 to 4:30 Breastfeeding Peer Support 12:00-1:00 Baby Fun 1:30 to 2:30	7 Chemistry Kids 10:00 to 11:00
10	11 Drop Zone 9:30 to 4:30 Smart Start 6:00 to 7:30pm	12 Drop Zone 9:30 to 4:30 Stretch & Grow 10:00 to 11:00 am TALK-IN Clinic 2:00 to 6:00	13 Breastfeeding Drop-in 9:00 to 11:00 Drop Zone 9:30 to 4:30 Breastfeeding Peer Support 12:00-1:00 Baby Fun 1:30 to 2:30	14 iCook-Freezer Jam 9:30 to 11:30 am Chemistry Kids 10:00 to 11:00
17	18 Drop Zone 9:30 to 4:30 Smart Start 6:00 to 7:30pm	19 Drop Zone 9:30 to 4:30 Stretch & Grow 10:00 to 11:00 am TALK-IN Clinic 2:00 to 6:00	20 Breastfeeding Drop-in 9:00 to 11:00 Drop Zone 9:30 to 4:30 Breastfeeding Peer Support 12:00 to 1:00 Baby Fun 1:30 to 2:30	21 Chemistry Kids 10:00 to 11:00
24 Family Drop-in 4:30 to 7:00pm Evening Breastfeeding Peer Support 6:30-7:30pm	25 Drop Zone 9:30 to 4:30 Smart Start 6:00 to 7:30pm	26 Drop Zone 9:30 to 4:30 Stretch & Grow 10:00 to 11:00 am TALK-IN Clinic 2:00 to 6:00	27 Breastfeeding Drop-in 9:00 to 11:00 Drop Zone 9:30 to 4:30 Breastfeeding Peer Support 12:00-1:00 Baby Fun 1:30 to 2:30	28 Chemistry Kids 10:00 to 11:00
31		Family Centre Argyle Hours Monday 9:00 - 5:00pm Tuesday 9:00 - 6:00pm Wednesday 9:00 - 6:00pm Thursday 9:00 - 5:00pm Friday 9:00 - 12:30pm		

What's Happening...



Canada Day Closure With Canada Day on Saturday we will also be closed Monday - July 3.

Check out activities at the Argyle Arena for the East London Optimists Annual Canada Day Celebration on Sat. July 1st.

Helping Argyle "Boost Veggies and Fruit!"



*** "Whether fresh, frozen or canned, fruits and vegetables help provide children and families with the vitamins, minerals, dietary fiber, and overall energy needed to be physically active."*

Thanks to the Child & Youth Network and Healthy Kids Community Challenge, Family Centre Argyle was able to put in 3 raised veggie gardens in front of the Centre in June. The children helped us plant a variety of veggie seedlings as well as seeds that were donated by Clarke Road Secondary School and Friends of Civic Gardens. Throughout the summer there will be lots of opportunities for children and families learn about taking care of our garden and "boost their veggies and fruit" as things are ready to be picked and tasted. Don't forget to grab a copy of our [Container Gardening: Healthy Harvests in Small Spaces](#) recipe book when you come to the Family Centre. ***Source: <http://www.health.gov.on.ca>*

Family Drop-in- Monday, July 24 5:00 to 7:00pm Come in for a variety of games and activities the whole family will enjoy.

EARLY YEARS PROGRAMS

Drop In Playgroups– An interactive play based program for children birth to 6 years of age and their parents and caregivers that runs daily.

OEYC Playroom Hours

Monday	12:00 - 4:30pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 -12:30pm



Circle Time Daily at 11:15am Circle time is a great way to help children with language, math and social development. Join us daily for songs, finger plays and stories.

Baby Fun Learn simple songs, rhymes and finger-plays, while your baby enjoys a variety of age appropriate activities. Informal discussions on child development and parenting strategies discussed each week.

Community Drop-in Playgroups 9:30-11:30 Interactive play based programs for children, their parents and caregivers that are offered at various locations throughout the OEYC London-Fanshawe area.

Thursday Family Centre Westminster
690 Osgoode Dr.

SCHOOL AGE PROGRAMS

Chemistry Kids A 4 week, hands-on workshop for children 6-12 years of age. Learn about chemistry and science through creative and fun experiments. Explore different forms of science all while having fun! Register at www.FamilyCentreArgyle.eventbrite.com

Family Drop-In An interactive play based program with games, crafts and activities for older children that the whole family can enjoy.

Drop Zone A drop in program for parents/caregivers and their older children. Geared for children 6-12 years of age we will have a variety of crafts, games and activities that older children will enjoy.

"TALK-IN" CLINICS- by Craigwood Youth Services For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

PARENT PROGRAMS

Infant Growth/Development & Breastfeeding Drop-ins Speak with a Public Health Nurse about your infant (0-6 months old). Drop-ins are free and no appointment is required.

Breast Feeding Peer Support Group A safe place for all breastfeeding women to connect with other moms. Facilitated by a Public Health Nurse.

REGISTERED WORKSHOP

Register on line at www.OEYCLondon.eventbrite.com

iCook This month we will be teaching you simple and easy ways to make strawberry freezer jam. Adults only please.

Stretch & Grow Discover fun and simple physical activities for you and your baby under 6 months. Sessions will include a facilitated group time, adult discussion, and time for exploration of planned activities. Topics include baby sensory development, baby massage and moving to music.

Family Centre Argyle
your neighbourhood connection



PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!



For more information on what's happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle** Facebook page.